

### **Participatory Research and Extension (problem and solution seeking)**

Training engages farmers in the processes of problem identification, solution seeking, and experimentation with new technologies in the farmer's own setting and assessing the suitability of tested technologies for addressing agricultural constraints in the short to the medium term.

Duration: 5 days

### **Participatory impact monitoring**

Process engages farmers to involve them in monitoring the impact of an intervention. Monitoring is done at various levels and this level focuses on farmer involvement.

Duration: 2 days

### **Agronomic trainings for horticulture and dry land crop production**

Training covers various aspects from land preparation, planting, weeding, harvesting, pest control.

Duration: 2-5 days depending on focus.

### **Seed multiplication, production and distribution**

Land preparation planting, (isolation distances) weed and disease control, harvesting, storage

Duration: 3 days

### **How to organize successful seed fairs**

Farmers who will have been trained to produce seed, organise fairs to display and showcase so that others can also benefit as well as access the seed within their communities.

Duration: 1 Day

### **Conservation farming and appropriate technology**

Training focuses on improving soil fertility, soil and water conservation and appropriate crop varieties.

Duration: 3-5 days

### **Natural Pest Management**

Various techniques that use locally available resources and plants, the conditions they were developed, performance effectiveness and things to watch out for.

Duration: 2-5 days

### **Marketing and business development for small holder farmers**

Identifying markets, developing market linkages, contracts negotiations

Duration: 3-5 days

### **Blending of agricultural crops and community based product development**

This training is done in collaboration with Scientific Industrial Research and Development Centre (SIRDC) through attachments to the centre. Cereal blends development is also done.

Duration: minimum 14 days

### **Nutrition awareness**

Using the Health Harvest Manual (FAO) good nutrition and the growing, processing and preparing of healthy food

Duration: 2days

### **How to host a successful food fair**

The Kubatana CBO in UMP has been organising food fairs since 1997 and has gained a wealth of experience which is shared with others through trainings.

Duration: 1 day

### **Mainstreaming HIV and AIDS and Gender in Agriculture**

In all agricultural activities, CADS mainstreams gender and HIV and AIDS (within other activities).

### **Development and strengthening of community based organizations**

Farmer groups are trained on leadership, the boards are trained on how to handle roles and responsibilities, while management committees are trained on programme planning and monitoring and evaluation.

Duration: 3-5 days

### **Community based theatre for community action**

The focus is on HIV and AIDS, gender and sustainable agriculture to disseminate key messages on awareness

Duration: 1-2 days

### **Post-harvest handling**

Focus is on how best farmers can handle their crop from the field, best practices of harvesting, processing and storage.

Duration: 2-3 days

### **Hot box cooking**

Simple technique of preparing a hot box cooker/ warmer that can keep food warm. Locally available materials such as banana leaves/grass or kaylite are used.

Duration: 1 day

## **Value addition for agricultural crops, fruits and vegetables**

### **Bee keeping and honey processing:**

Learn to build bee hives and harvest and process honey!

Duration: 3 days

### **Wild fruits processing:**

Learn to make juices and jams from the wild fruits you find in your area. The workshops are adapted in function of the fruits to work with.

Duration: 3 days

### **Tomato processing:**

Tomatoes can be more than the base for relish: chutney, juice, paste, soup, jam ...

Duration: 3 days

### **Fruits and vegetables processing:**

What can you do with veggies and fruit after you have chopped them up? Discover exciting ways to process them in this training.

Duration: 3-5 days

### **Cowpea and soybeans processing:**

Soya and cowpea can be the base for many different products: milk, mince, pies, biscuits, coffee ...

Duration: 3-5 days

### **Herbs (gardens, processing & marketing):**

Learn to get the most out of the herbs in your gardens

Duration: 2-3 days

### **Sweet potato and cassava production & processing:**

Sweet potato drink, Muffins, bread, chips, fritters ... go the extra mile with your sweet potatoes and cassava

Duration: 3-5 days

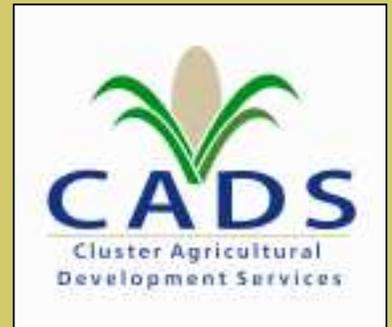
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# CADS's trainings on offer

